

*Healthiest Wisconsin 2020 Everyone Living Better, Longer*, is the public health agenda that identifies priority objectives for improving health and quality of life. Through a coordinated approach, we can strengthen our capacity to improve health across the lifespan and eliminate health disparities and achieve health equity.

#### WORKSITE (VISION – NOT YET DEVELOPED)

- Wisconsin worksites have created supportive environments for healthy eating and physical activity

*Wisconsin Nutrition, Physical Activity and Obesity State Plan 2013*

#### POPULATION HEALTH CHALLENGE

- How to decrease risk factors across a full list of potential chronic diseases in a variety of worksite settings. Key data measures would include:

Risk Factor	WI	US
Obese	30%	29%
Overweight	37%	35%
Overweight and obese combined	67%	66%
Diabetes	7% *	9% *
Current smoker	19%	19%
High blood pressure	32%	31%
High cholesterol	36%	38%
Lack of physical activity (< recommended level)	47%	49%
Less than 5 servings of fruits and vegetables	77% **	77% **

Source: Behavioral Risk Factor Surveillance System (BRFSS) 2013.

\* 2010 \*\* 2010 (last time surveyed)

#### ACTION TEAM FOCUS

- This group has not yet met

#### PRIORITIES

- To be determined

#### MEASURABLE OBJECTIVES OR INDICATORS

- To be determined

#### IMPORTANT RESOURCES

- Wellness Council of Wisconsin website <http://www.wellnesscouncilwi.org/>
- Wisconsin Worksite Wellness Web site (DHS) <http://www.dhs.wisconsin.gov/physical-activity/Worksite/index.htm>
- WELCOA website <https://www.welcoa.org/>

## ACTION TEAM PROGRESS

Plan	Implement	Communicate
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	Actions	Timeline
Plan	Convene stakeholders, map assets and gaps	TBD
	Identify resources and potential strategies	
	Analyze, discuss & prioritize strategies	
	Collectively decide on priorities	
Implement	Develop action plan (objectives, milestones, accountability, how progress will be measured)	
	Implement action plan and monitor progress	
Communicate	Monitor and evaluate progress	
	Communicate and promote results	

### SUPPORT THE ACTION TEAM – ACTION OPPORTUNITIES

- Volunteer to be on the core planning group to do the initial asset map and identify partners and possible priority strategies

### ACTION TEAM POINT OF CONTACT

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### ALIGNMENT WITH CDC CHRONIC DISEASE PREVENTION STRATEGIES AND MEASURES (1305)

#### Promote the adoption of food service guidelines/nutrition standards, which include sodium

- Number of worksites that develop and/or adopt policies to implement food service guidelines/nutrition standards, including sodium (cafeterias, vending, snack bars)
- Number of employees who work in worksites that have developed and/or adopted policies to implement food service guidelines/nutrition standards

#### Promote the adoption of physical activity (PA) in early care and education (ECEs) and worksites

- Number of worksites that adopt strategies to increase PA
- Number of employees who work in worksites that adopt strategies to increase PA

#### Ensure workplace compliance with federal lactation accommodation law

- Number of employers that provide space and time for nursing mothers to express breast milk